



*SEATTLE PARKS
AND RECREATION*

4600 38th Ave S
Seattle, WA 98118

206-386-1919
Fax: 206-386-1904

WINTER 2007

Rainier

COMMUNITY CENTER



NEW!

REGISTER ONLINE - it's easy!

www.seattle.gov/parks



SPARC

Rainier Community Center

4600 38th Ave South
Seattle, WA 98118
Phone: 206-386-1919 Fax 206-386-1904
TDD Only 206-233-7061

Visit us online at www.seattle.gov/parks/centers/rainiercc.htm

Hours of operation

Monday & Friday	1 to 9 p.m.
Tuesday – Thursday	11 a.m. to 9 p.m.
Saturday	10 a.m. to 5 p.m.
Sunday (January 3 – March 31)	Noon to 5 p.m.

Late Night Hours

Friday & Saturday	7 p.m. to Midnight
-------------------	--------------------

Program Registration

Registration begins Monday, December 4.

Program Dates

January 2 – March 25, 2007

Holiday Closures

January 1	New Year's Day
January 15	Martin Luther King Jr. Day
February 19	Presidents' Day

Metro Bus Routes

Routes 7, 39, and 48 stop at Rainier Ave S and S Alaska St (one block west of the center).

Directions

Rainier Community Center is located in Columbia City just east of Rainier Avenue South off of South Alaska Street next to the Rainier Playfield.

North or South on I-5:

- Take the Columbian Way Exit (163).
- Head east until you get to 38th Ave S.
- We are on the corner of 38th Ave S & S Alaska St.

Mission

Seattle Parks and Recreation will work with all citizens to be good stewards of our environment, and to provide safe and welcoming opportunities to play, learn, contemplate and build community.

Register online!

In keeping with our environmental stewardship policies, we're trying to reduce the amount of paper we use. We invite you to visit our web site at www.seattle.gov/parks where you can find our seasonal brochures and register for many of our classes online.

Management Staff

Ken Bounds, Superintendent
B. J. Brooks, Deputy Superintendent
Christopher Williams, Parks & Recreation
Operations Director
Katie Gray, South Recreation Manager
Dave Gilbertson, South Senior Coordinator

Professional Staff

James Bush, Recreation Center Coordinator
Jennifer Wagner, Asst. Recreation Center
Coordinator
Michelle Parker, Maintenance Laborer
Susan Lee, Field Supervisor
Kendra Acklin, Recreation Leader
Cara Atchison, Teen Development Leader
Robert Dampier, Recreation Attendant
Travis Souksamrane, Recreation Attendant
Folasa Titiala, Late Night Specialist

Recreation Leaders: William Hopson, Jerry Lyons
ARC Staff: Alexis Handley, Tavar Proctor, Isaac
Laurencio, Maya Williams, *Out of School Time
Director*

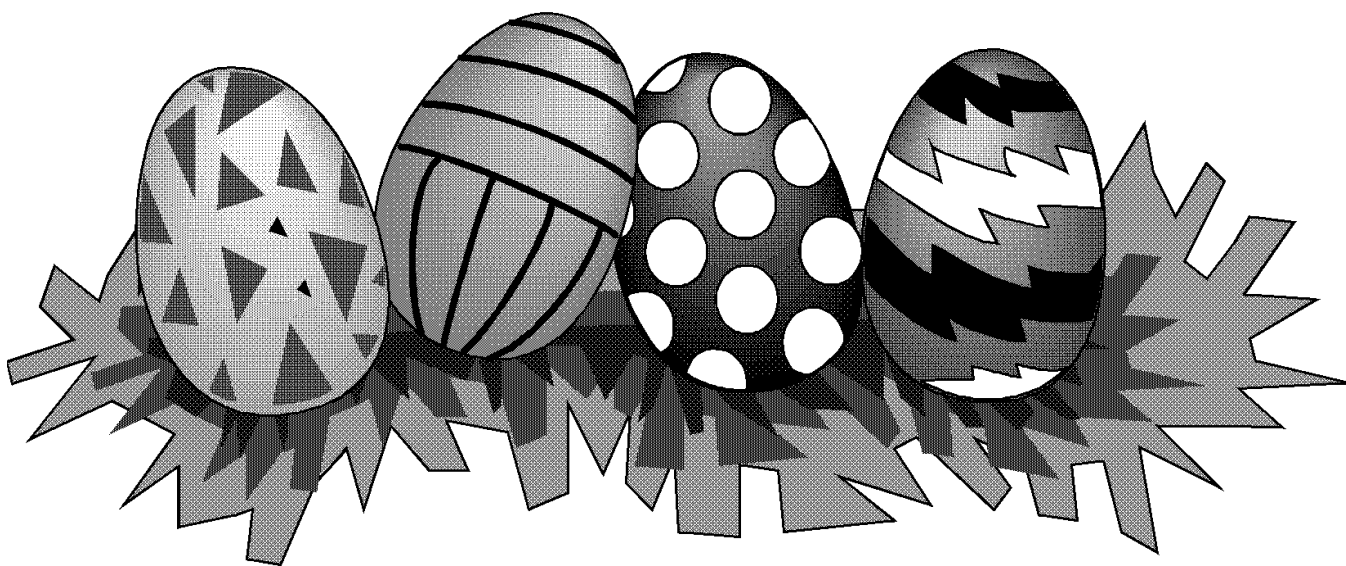
Payment

You can pay for classes and other activities by mail, in person during regular facility hours, or by telephone with a credit card. We accept Visa, MasterCard and American Express. Please make checks and money orders out to the **City of Seattle**. PLEASE NOTE: Payment is due when you register, unless we have indicated otherwise. If your check is returned for insufficient funds, your registration will be cancelled until you pay the amount due, plus a \$20 fee. (Credit card or cash only.)

Refunds

It is the policy of Seattle Parks and Recreation and the Associated Recreation Council that:

- Anyone who registers for a class, camp, special event or program that is cancelled for any reason by Parks and Recreation or the Advisory Council will receive a full refund.
- Anyone who registers for a day camp, trip, overnight camp, special event, or facility rental, and who requests a refund 14 days or more before its start (or before the second session of a class), may receive a refund minus a service charge.
- Anyone who registers for a day camp, trip, overnight camp, special event, or facility rental, and who withdraws from the activity fewer than 14 days before its start (or after the second session of a class), will receive no refund.
- Please read the entire policy, #7.16, for specific information.



Smile Day

Check out Smile Day on February 10, 2007, at the Rainier Community Center. This is a free day of fun for kids sponsored by the Seattle-King County Dental Society. Local dentists provide free dental screenings for children, and information on dental health care for families in King County will be available. Kids will be treated to lots of fun activities including face painting, finger molds and button pins, coloring, etc. Arrangements are also underway for a special surprise celebrity to be there to greet the kids. The screenings will begin at 10 a.m. and continue until 3 p.m.

April 11, 2007 2007 Youth Education and Job Fair

Youth ages 16 to 21 are encouraged to attend. Come dressed for success, with a prepared resume and ready to interview. Sponsored by Seattle Parks and Recreation, Seattle Human Services Department, and Seattle Housing Authority

Time: 10 a.m.

Family Nights

Looking for weekend activities for the family this winter? Come join us for family nights! These evenings will include dinner for the family on Friday evenings starting in February, with activities such as family movie nights, art projects, and more!

Price: TBA

Dates: February 9 and 23, March 2, 16, and 30

Times: 6-8 p.m.

Spring Egg Hunt

Kids ages 1-10, please join us in an Egg Hunt in the back fields of Rainier Community Center. Come prepared with your own basket or bags for lots of goodies. Look for the golden egg and receive a prize. DRESS FOR THE WEATHER!

Age: 1 to 10

Sat, April 1, 10 a.m.

Location: Rainier Back Fields — Rain or Shine

Toddlers: Kiddie Gym

Indoor Playground

Rain or shine, come join other families with their toddlers ages 5 and younger for indoor play time.

Age: 5 and younger

MWF, 10 a.m. – 1 p.m. January 3 – March 24, 2006

Fee: \$2 per child



Location: Gym #2

Please call for information on day care facility discounts (or \$1 per child, min. 5 children)

Parks and Recreation provides “recreation programs” for preschool age children, who are 3 and 4 years old and 5 years old not enrolled in school. The State Department of Social and Health Services (DSHS) define “child care” in a specific manor which requires licensing. Our preschool programs are not licensed; therefore, we limit participation in preschool recreation programs to 3 1/2 contiguous hours in a day.

Youth

Instructional Basketball (6-7yrs)

Ages 6 – 7

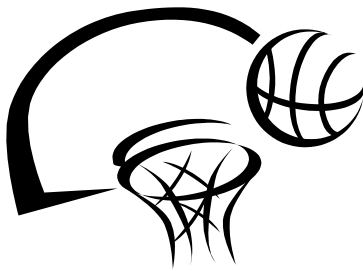
Youth ages 6-7 can sign up to learn the basics of basketball such as ball handling, passing, shooting, and most of all TEAM PLAY.

Location: Gym #1

#11790

January 9 – March 1, T/Th, 4 – 5 p.m.

Activity Fee: \$40



Rainier Rookies – (3-5yrs)

Ages 3 – 5

Youth ages 3-5 can sign up to learn the basics of basketball such as ball handling, passing, shooting, and most of all TEAM PLAY.

Location: Gym #2

#13521 Tue, 10 – 11 a.m.

– February 27

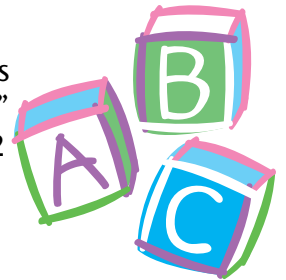
Activity Fee: \$40

January 9

Childcare

Parks and Recreation offers “school-age care programs” for children between 5 - 12

years of age AND enrolled in school, Kindergarten through 5th grade. Under DSHS rules, we are prohibited from registering, for these programs, any child who is younger than 5 years of age or any child who is not enrolled in school.



Before School (Rainier) –

Ages 5 – 12

Our before school program is designed to accommodate early work schedules and to prepare children for the busy school day ahead. NO TRANSPORTATION is provided. Space is limited! Register now.

Location: Kidzone Room

Mon – Fri, 7 – 9 a.m.

Before School – 5 day \$160,

Before School – 5 day (2nd Child Discount \$150

January

Feb

March

#13500

#13501

#13502

January 2-31

February 1-28

March 1-30

Youth/Teens



Kidzone (Rainier)

Ages 5 – 12

Our after school program provides a nutritious snack, homework assistance, fitness activities, arts & crafts, reading, and many other activities to keep your child busy. Space is limited! Register now.

Location: Kidzone Room

Mon – Fri 3:30 – 6:30 p.m.

After School – 5 day \$245,

After School – 5 day (2nd Child Discount) \$235

Jan	#13493	January 2-31
Feb	#13498	February 1-28
March	#13499	March 1-30

Winter Break

Hey, parents, thinking about what your children will do for Winter Break? Think no more, because Rainier Community Center's KidZone program has a winter camp that will run weekdays from December 18-29, from 7 a.m. – 6 p.m. These will be camps for arts, sports, and more. We will have field trips such as skating in West Seattle with Alki Community Center Day Camp and more!

Ages: 5 to 10

Week 1: December 18-22

7 a.m. – 6 p.m.

Price: \$145 5 day (2nd Child Discount) \$135

Week 2: December 26-29

7 a.m. – 6 p.m.

Price: \$116 (2nd Child Discount) \$111

Mid-Winter Break Camp

Ages 5 – 12

Come join us for our four day action packed mid-winter adventure! Activities may include local field trips, arts and crafts, sports, fitness, and other special events.

Location: Kidzone Room

#13507 February 20-23, 7 a.m. – 6 p.m.

Day Camp – Short Week \$116

Day Camp – Short Week \$111, 2nd child discount

One Day Camp

Day Between Semesters

Ages 5 – 12

One day camps for out-of-school time. Activities may include local field trips, arts and crafts, sports, fitness, and other special events.

Location: Kidzone Room

#13510 Fri, February 2, 7 a.m. – 6 p.m.

Full Time Both Before & After \$10,

Either Before & After \$15, Not in Before & After \$29

One Day Camp

Professional Development

Ages 5 – 12

#13519 Fri, March 16, 7 a.m. – 6 p.m.

Full Time Both Before & After \$10, Either Before & After \$15, Not in Before & After \$29

SAT/College Prep

Our goal is to increase students' familiarity and comfort with the new SAT, the college application process, and to provide regular academic help. This program connects young people to each other and interested young adults in their community.

Tuesdays & Thursdays 4:00 pm to 6:00 pm

January 3-March 31

Where: Rainier Computer Lab

Instructor: Tehut Getahun

Youth/Teens

Basketball Rainier

The primary goal of Rainier C.C. basketball is to serve youth in a recreational environment. We feel it is more important to emphasize participation, enjoyment, and skill development than winning. We try to offer activities that allow every boy and girl to participate regardless of his/her ability or limitations.

We strive to encourage friendly competition and teach sportsmanship as an integral part of the activity itself.

Location: Gym #1

Times vary with each team

November 13 – March 26

Activity Fee: \$65

Boys 8 yrs	#11784
Boys 9 yrs	#11785
Boys 10 yrs	#11773
Boys 11 yr	#11774
Boys 12 yrs	#11775
Boys 13 yrs	#11776
Boys 14-15 yrs	#11777
Boys 16-17 yrs	#11778
Girls 8 yrs	#11786
Girls 9 yrs	#11787
Girls 10 yrs	#11779
Girls 11 yrs	#11780
Girls 12 yrs	#11781
Girls 13 yrs	#11782
Girls 14-17 yrs	#11783

Track & Field

Open to boys and girls ages 5-17.

All participants must register at the community center PRIOR to participating in the track program. Registration must include child's birth certificate, youth sports registration form, Athletes For a Better World agreement and payment of fee in full. Registration begins on Monday, February 13.

Practices: Tues / Thur / Fri
Starts Mar 27-Sun



Location: Practices - Franklin High School Track, Meets - West Seattle Stadium

Instructor: Monique Avery, Keonna Jackson

Age: 5 to 17

Time: 5:30 p.m.-7 p.m.

Fees: \$35.00

Softball

Enjoy the Spring weather in Seattle as you learn a sport that you can play for a lifetime. Learn fundamental skills of hitting, throwing and catching as well as strategy in playing defense. Girls ages 10-17. Registration begins Monday, February 28.

Dates: Mon, Mar 27-Sun, Jun 18, 2006 MT-WThF

Location: Practices-TBA, games- Lower Woodlawn

Instructor: To Be Announced

Age: Girls 10 to 17

Fees: \$35.00 Registration begins Monday, February 13, 2006

Teen F.E.S.T.

Fashion Etiquette and Social Skills Training

Rainier Teen program is looking for local middle and high school students with interest in modeling and the fashion industry to take part in a basic etiquette class and our 2nd All-City Fashion Show "Urban Mosaic" on April 13th.

Teens will be expected to take part in a 12 week program to prepare for the fashion show.

Program begins January 10.



For additional information please contact the Cara Atchison.

4-H Teen Cooking Class

Join us in the kitchen on Tuesdays and

Teens

improve test your cooking skills. Learn about quick healthy ideas for snacks and meals to prepare for yourself or your friends! Registration is limited to 10 participants. Please register ahead of time.

Location: Rainier CC kitchen

Instructor: TBA

Age: Teens 12 to 18

Fit Teens!

Play a sport or simply want to work out? Want to get in shape but don't where to start? Come to Fit Teens workout time for teens. We will have a staff person on site to show you how to use the equipment and to help devise a program to reach your fitness goals.

Location: Rainier CC Fitness Room

Instructor: Cara Atchison

Age: Teens 12 to 18

Urban Outdoor Education Trips

Skiing, hiking, you name it! Trips are scheduled based on interest and availability. Please call to see which trips are available for you to join. Space is limited to the first 10 people to register. Call Cara Atchison, or Rainier CC for additional information.

*Please note that most trips are day trips and youth can expect to be gone all day.



Rainier Teen Council

The Rainier Teen Council consists of teens who strive to make a difference in our community by organizing activities, volunteering at special events, and being strong leaders by helping to educate the community about youth issues. New members are welcome. Come and help make a difference.

Instructor: Cara Atchison

Age: Teens 14 to 18

Tues, Thurs: 4:30 – 6 p.m. Jan 3 – March 31

Location: Teen Room

TECHNET COMPUTER PROGRAMS

TechNet Programs to begin this fall!/
The Associated Recreation Council (ARC)

is excited to announce TechNet, the new technology program for middle and high school students. Programming, which will start this fall, will range in scope from homework and project assistance to computer-based recreation programming that supports the academic success of our youth and teens.

ARC has partnered with Seattle Public School's Community Learning Centers, operated by Seattle Parks and Recreation and YMCA of Greater Seattle, and Fremont Public Association's Just Serve AmeriCorps Team to offer the community program.

The TechNet Program is part of the RecTech Community Technology Center, whose mission is to provide programs that effectively uses technology for education, recreation, and community services for children, youth, adults, and neighborhoods.

Online registration is not available for these programs. Schedules will be located at the Community Center beginning in mid-September. For more information or to suggest program ideas, please contact a staff member at your center or Christina Arcidy, TechNet Program Administrator, at 206-233-7017 or christina.arcidy@seattle.gov.

Age: Middle & HS Youth

MTWTh 2:30 a.m. – 6 p.m.

Jan 3 – Mar 25

Fee: Free

Location: Project Compute Lab

Teens

Service Learning/Community Service

By mandate of the Seattle Public School District, 60 service learning hours are required of every Seattle Public High School student in order to graduate. If you are interested in service learning projects, or if you have any questions, please call Ron Mirabueno, Service Learning coordinator at (206) 233-3979.

Age: High School Students

January 3 – March 31

Teen Program

The Rainier Teen Program is dedicated to educating and motivating teens to develop leadership and life skills through integrated developmental assets, which are the skills that help us get through life successfully. Please contact Cara Atchison for additional information.

To participate in teen activities, participants must fill out and keep on file a participant registration form.

Age: 13 to 18

January 2 – March 25

Location: Game Room

Late Night Teen Fitness Program

The Rainier Teen Program and Late Night Program provide Health and Fitness workshops with trained staff from the Austin Foundation. Strength, conditioning, and weight training are the main focus.

Instructor: Reggie Baker

Age: 13 to 18

Fridays, 8:30 – 9:30 p.m. January 7 – March 24

Fee: FREE

Location: Multi Purpose Room

Late Night Program

Late night activities include basketball, cooking, board games, field trips, Barbecues, art classes, ping pong, volleyball, and more!

Instructor: Late Night Staff

Age: 13 to 19

**Fri, Sat, 7 p.m. – Midnight
January 3 – March 31**

Fee: FREE

Adults

Rainier Community Center Advisory Council

You Can Make a Difference

The Advisory Council is a group of citizens dedicated to the enrichment of our community. Its support enables Rainier Community Center to offer a variety of programs and services for people of all ages, abilities and backgrounds.

Our Advisory Council is always looking for new members. Meetings are held once a month on the third Wednesday evening of the month to talk about programs, policies and financial issues. Citizen direction and participation are vital to our continued success. Advisory Council members also create scholarship opportunities through grant writing and other fund raising

activities. If you'd like to get involved, please contact Rainier CC at 206-386-1919.

Most classes, workshops, sports, and special events are funded through the Advisory Council rather than through Seattle Parks and Recreation. Revenues generated through program fees offset program costs to make Advisory Council activities self-sustaining. We rely heavily on program participation, donations and contributions to buy, repair, maintain and upgrade program equipment and supplies.

Age: Adults

**Third Wednesday of every month 6 – 8 p.m.
Jan 17, Feb 21, Mar 21**

Location: Multi-Purpose Room

Adults

Adult Sport Drop-In Fee

The City of Seattle will charge an Adult Sport Drop-in fee during all operating hours. The fee is \$2 per session for adults and \$1 per session for seniors. This fee applies when space is reserved and advertised for scheduled adult sports drop-in programming.

Adult/Senior Pickleball

Age: 18 and older

Monday-Friday, 11 a.m. – 1 p.m., January 3 – March 31

Fee: \$2; \$1 for seniors 65 and older; \$20 for adult 10-visit pass or senior 20-visit pass.

Location: Gym 1

Adult Basketball Afternoons

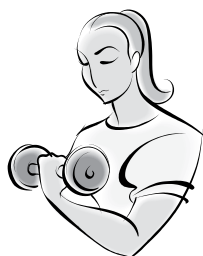
Monday-Friday, 1 – 3 p.m., Jan 3 – Mar 31

Fee: \$2; \$1 for seniors 65 and older; \$20 for adult 10-visit pass or senior 20-visit pass.

Location: Gym 2

Fitness/Weight Room

Start your new year off right and stick to your fitness goals by visiting our fitness room. Equipment includes free



weights and cardio equipment. The fitness room is available during regular community center hours.

Age: 18 and older

January 3 – March 31

Location: Fitness/weight room

Fee: \$2 drop-in

Yoga – Saturdays

Ages 14 – 60

Enter the new year with a dedication to a healthier you! Build your stamina, improve your circulation, flexibility, and range of motion. Enjoy a sense of relaxation through a combination of breathing exercises, postures, and strengthening exercises.

Location: Multi-Purpose Room

#11791

Sat, 10 – 11 a.m., January 6-April 7

Activity Fee: \$40/ \$8 drop-in

Yoga – Tuesdays

Ages 14 – 60

#11792

Tue, 6 – 7 p.m., January 9 – April 3

Activity Fee: \$40/ \$8 drop-in

Seniors

G.A.P. (Grandparents as Parents)

Does anyone really know what it's like to be a grandparent or other relative raising children? It's a different ballgame from being the natural parent of children. There are unique stresses, pressures and issues to be faced.

Winter 07

Instructor: Indiana Allen - Group Facilitator

Tuesdays, 6 – 8:30 p.m.,

January 3 – March 24

Fee: Free, 2nd & 4th Tuesday of every month.

Location: Multi-Purpose Room

Seniors Teaching Seniors

You will learn such things as, computer basics, windows navigation, internet browsing, Microsoft Office and much, much more. Come join the fun while you learn!

Thursdays, 11am to 1pm January 3-March 31st

Cost: Free

Location: Computer Lab

Instructors: Rosie Brantley and Margaret White

Winter 2007 Schedule

January 1 – April 8, 2007

Monday & Wednesday (Pool closed Jan 1, Jan 15, and Feb 19)

11:30 a.m. – 1:30 p.m.	Lap & Senior Swim	6:30 – 7:30 p.m.	Public Swim (3 lap lanes)
11:30 a.m. – 12:30 p.m.	Stretch & Flex	6:30–7:15 p.m.	Ad. Stroke Refinement (Wed)
12:30 – 1:30 p.m.	Water Aerobics	7:30 – 8:30 p.m.	Lap Swim
4:30 – 6:30 p.m.	Youth Lessons	7:30 – 8:30 p.m.	Water Aerobics

Tuesday & Thursday

11:30 a.m. – 1:30 p.m.	Lap & Senior Swim	6 – 8:30 p.m.	Lap Swim (3 lanes)
11:45 a.m. – 12:30 p.m.	Aqua Jogging	7 – 7:30 p.m.	Adult Lessons
3:30 – 4:30 p.m.	Arthritis Water Exercise	7:30 – 8:30 p.m.	Water Aerobics
4:30 – 7 p.m.	Youth Lessons		

Friday

11:30 a.m. – 1:30 p.m.	Lap & Senior Swim	5:30 – 7 p.m.	Public Swim*
11:30 a.m. – 12:30 p.m.	Stretch & Flex	5:30 – 8 p.m.	Lap Swim (3 lanes)
12:30 – 1:30 p.m.	Water Aerobics	7 – 8 p.m.	Water Aerobics
5 – 5:30 p.m.	Youth Lessons		

Saturday

9 – 10 a.m.	Lap & Senior Swim	Noon – 1:30 p.m.	Lap Swim
9 – 10 a.m.	Water Aerobics	12:30 – 1 p.m.	Adult Lessons
10 a.m. – Noon	Youth Lessons	1:30 – 3:30 p.m.	Public Swim
Noon – 12:30 p.m.	Tots Lessons		

Sunday

11 a.m. – 12:30 p.m.	Youth Lessons	1:30 – 2:30 p.m.	Family Swim (\$2 each)
Noon – 1:30 p.m.	Lap & Senior Swim (6 Lanes)	2:30 – 4:30 p.m.	Public Swim

Public Swim \$3.75/\$2.75

Open Pool time for all ages and all abilities. Children shorter than 4' must be accompanied in the pool by a responsible adult. All children must pass a deep water test to swim in the deep end. **Lesson participants staying after lessons for public swim must pay fee before lesson.** Everyone gets a cool hand stamp!
MW 6:30 – 7:30 p.m. Sat 1:30 – 3:30 p.m.
Fri 5:30 – 7 p.m. Sun 2:30 – 4:30 p.m.

Family Swim \$2 per person

Drop-in program for all ages. Children under 18 must be accompanied into the pool by a responsible adult. A quieter time for families to use the pool together. This is a year round

drop-in program. All admissions are the special discount price of \$2 per person. Children under 1 year old are free.

Sundays 1:30 – 2:30 p.m.

Teen Late Night Free Swim Free!

Please note that the swim schedule is subject to change without notice due to swim meets and/or other unforeseen events. Admission will be on a first-come, first-served basis. Please be prompt; space is limited. Everyone must sign in. **Free Swim is every other Friday 9 to 10:30 p.m. unless otherwise specified.**

Age: Teens, 13 – 19 years old

Please call 206-386-1944 for specific dates.

Swimming Lessons

Winter 2007 Swim Lesson Times

Class	M/W PM	T/Th PM	Friday	Saturday AM	Sunday AM
Tots 6 mos. – 4 yrs.		6 – 6:30		Noon – 12:30	
3 Year Olds	5 – 5:30 6 – 6:30	5 – 5:30		11:30 – Noon	
Preschool 4 & 5 yrs Lvl 1-3	5 – 5:30 6 – 6:30	5 – 5:30 6 – 6:30		10 – 10:30 11:30 – Noon	Noon – 12:30
Beginner Youth 6 – 16 years Levels 1 to 3	4:30 – 5 5:30 – 6	4:30 – 5 5:30 – 6 6:30 – 7	5 – 5:30	10:30 – 11	11:30 – Noon
Advanced Youth 6-16 yrs Lvl 4-6	5 – 5:30 (A4) 5:30 – 6	5 – 5:30 (A4) 5:30 – 6	5 – 5:30* *Session 2	11 – 11:30	11 – 11:30
Seniors/Adults 16 years & up		7 – 7:30		12:30 – 1	
Swim Team Prep	6 – 6:45	6 – 6:45		9:15 – 10	
Adult Stroke Refinement	Wed 6:30 – 7:15				



Swim Lesson Registration Information



Winter Open Registration begins Monday, December 4 for ALL winter classes

Session	Program Dates	New Registration	Classes	Price
I Mon/Wed¹	Jan 8 – Feb 21	December 4	12	\$60
I Tue/Thu	Jan 9 – Feb 20	December 4	13	\$65
I Fri	Jan 12 – Apr 6	December 4	12	\$60
I Sat	Jan 13 – Apr 7	December 4	13	\$65
I Sun	Jan 14 – Apr 1	December 4	12	\$60
II Mon/Wed¹	Feb 26 – Apr 4	December 4	12	\$60
II Tue/Thu	Feb 27 – Apr 5	December 4	12	\$60

¹No lessons January 15, Martin Luther King, Jr. Day; February 19, Presidents' Day

No lessons February 22 – 23, staff training.



Through the 2000 ProParks Levy, the citizens of Seattle voted to provide funding for one FREE session of swimming lessons for all 3rd and 4th grade students in Seattle. This program is available to each child regardless of ability. For more "Learn to Swim" information, please call Rainier Beach Pool at 206-386-1944 or visit our web page at www.seattle.gov/parks/aquatics/learntoswim.htm

Senior Adults

Enhance Fitness*

This aerobic fitness class is designed for seniors and includes the option of using a chair for support. Improve balance and cardiovascular in this low-impact class, where we'll measure your progress. We recommend you attend two days a week for the 13 week session. For more information and to register, call 684-7484.

**Mon, Fri, 9:15 a.m. – 10:15 a.m.,
January 1 – March 16**

Fee: \$56 for 2 days per week for the 13-week session
(Free for Group Health Members)

Line Dancing*

This intermediate class is fun and great exercise. No partner is needed.

Instructors: Paul & Linda Reese

Thursdays, 1 – 2 p.m., January 1 – March 16

Fee: \$24 for the quarter

Falun Gong

Falun Gong teaches meditation exercises for self-healing and rehabilitation. Practitioners of Falun Gong learn to cultivate "Truth, Compassion, and Tolerance" through powerful and ancient Chinese exercises that help to improve the body, mind, and spirit with five sets of simple movements.

Location: Rainier CC

Instructor: Mathew Wong

Time: 11 a.m.-Noon

Fee: Free

Dates are ongoing, from January 5th - March 30th.

Almost the Antique Road Show

Pacific Galleries will be here to help you discover if what you have is a treasure or not. Each person is limited to bringing one item to be appraised.

Friday, February 2, 10:30 to Noon

Fee: Free

Location: Rainier CC

Drop-In Bridge

It's in the cards that you'll have a great time! Drop in if you're a bridge enthusiast.

Age: 50 and older

Wednesdays, Noon – 3 p.m.

Fee: Free

Location: Rainier CC



Drop-In Pinochle

New Program! All skill levels are welcome. Come exercise your mind.

Tuesdays Noon – 3 p.m.

Fee: Free

Drop-In Pickleball

A terrific game. Fun and exercise in one great package!

All Levels

Monday-Friday, 11 a.m. – 2 p.m.

Fee: \$2 per drop-in, \$1 for age 65 and older

Winter Pickleball Tournament

Date: Thu, February 15, 2007

You'll feel like a champion participating in matching skill level contests throughout the day. Events will include men's and women's singles and doubles plus mixed doubles. There will be two divisions, "A" tournament players and "B" recreational players. You'll also have a chance to show off your skills with the paddle in some fun activities. To join the fun, call Tim at 684-4240 for a registration form. Entry fee is \$10, due at the time of registration. Make checks payable to City of Seattle. Lunch, refreshments, and fun rewards are included in the price.

Location: Rainier CC

Time: 9 a.m.-2 p.m.

Fee: \$10 per person

Senior Adults

Southeast Registration Information Classes/Special Events

Angela P. Smith, Recreation Specialist
206-684-7484

E-mail: angelap.smith@seattle.gov

Winter Quarter Dates: January 1 – March 16

No classes: Mon, Jan 1; Mon Jan 15; Mon, Feb 19

Class Registrations and Payment: for * classes, register beginning Dec 4 online at www.seattle.gov/parks or at your local community center. We accept cash, checks, Visa, MasterCard and American Express. For other classes, you can register beginning December 15 at 9 a.m by calling 206-935-2162.

Southeast Sector Sites

Rainier CC..... 4600 38th Ave S

Day Trips

Red Wind Casino

Tuesdays, 9:15 a.m. – 3:30 p.m. , January 9

Fee: \$10

McCaw Hall & Jazz Alley

9:45 a.m. – 2:30 p.m. Tue, January 23

Fee: \$5.50

Light Rail Tour

9:30 a.m. – 1:30 p.m. Tue, January 30

Fee: \$3

Chocolate Company Tour

Noon – 3 p.m. Tue, February 13

Fee: \$3

Seattle Design Center

11 a.m. – 2:30 p.m. Tue, February 20

Fee: \$4

Snoqualmie Falls and North Bend

9:30 a.m. – 3 p.m. Tue, March 13

Fee: \$7.50

Sound Steps Hikes and Walks Free

We'll pick you up at Jefferson CC at 10 a.m. or at the SE Seattle Senior Center at 9:45 a.m. Regis-

ter by calling Mari Becker at least one week in advance, at 206-684-4664.

Magnuson Park

10 a.m. – 2:30 p.m. Thu, January 25

Fee: Free

Longfellow Creek Legacy Trail

10 a.m. – 2:30 p.m. Thu, February 22

Fee: Free

Discovery Park

10 a.m. – 2:30 p.m. Thu, March 15

Fee: Free

Seward Park Walk

Mon, Tue, 10:15 – 11:15 a.m.,

January 2 – March 16

Fee: Free

Location: Seward Park

Mall Walking

Age: 50 and older

Fridays, 8:30 – 11:15 a.m.

January 2 – March 16

Fee: Free

Hispanic Walking Group

Tue, Thu, Noon – 12:30 p.m.,

January 2 – March 16

Fee: Free

Location: Rainier Park Clinic lobby, 4400 37th Ave S

TGIF Meals

Whether you're participating in activities or just want to stop by, take a break for lunch.. Enjoy freshly cooked healthy meals at Rainier CC, 4600 38th Ave S, on the 3rd Friday of the month. We appreciate reservations, so please call 206-684-7484.

Noon – 1 p.m. Fri, January 19

Fee: \$3.50

Noon – 1 p.m. Fri, February 16

Fee: \$3.50

Noon – 1 p.m. Fri, March 16

Fee: \$3.50

You can make a difference!

The Rainier Advisory Council is a group of citizens dedicated to the enrichment of our community. Its support enables us to offer a variety of programs and services for people of all ages, abilities and backgrounds.

Rainier's Advisory Council is always looking for new members. Meetings are held on the third Wednesday evening of every month to talk about programs, policies, and financial issues. Citizen direction and participation are vital to our continued success. Rainier Advisory Council members also create scholarship opportunities through grant writing and other fund-raising activities. If you'd like to get involved, please contact Ian Hallock at 206-386-1919.

Most classes, workshops, sports, and special events are funded through the Advisory Council rather than through Seattle Parks and Recreation. Revenues generated through program fees offset program costs to make Advisory Council activities self-sustaining. We rely heavily on program participation, donations, and contributions to buy, repair, maintain, and upgrade program equipment and supplies.

Suggestions

We welcome your ideas. If you want to suggest a new class, or if you have an idea you think would benefit us or our community in general, please let us know.

Interested in teaching?

We're always looking for top quality instructors to offer unique courses. We choose class offerings based on participants' interest and space availability. If you have a special talent, skill, or knowledge you would like to share with others in a class or workshop format, please talk to a member of our staff.

Anti-discrimination

As a matter of policy, law, and commitment, Seattle Parks and Recreation does not discriminate on the basis of race, color, sex, marital status, sexual orientation, political ideology, age, creed, religion, ancestry, national origin, or the presence of any sensory, mental or physical handicap.

Accommodation for people with disabilities

We will make reasonable accommodation, upon request, for people with disabilities. For sign language interpretation, auxiliary aids or other accommodation, please call (206) 615-0140 or TDD (206) 684-4950. Please allow 10 working days' advance notice. If a class or activity is scheduled in an area not accessible for wheelchairs, we will make every effort to help you find a similar program in an accessible location.

Rentals

For information about rentals, please view our facility rental brochure (<http://www.seattle.gov/parks/reservations/Facrentalguide.htm>).

More information

For information about Parks and Recreation facilities, recreation programs, picnic shelters, and scheduling, please visit our web site at www.seattle.gov/parks, or call our Public Information line, 206-684-4075. For more information about programs for senior adults, please call 206-684-4951, and for information about programs for special populations, please call 206-684-4950.

Fees and charges

Our Advisory Council provides the programs and activities listed in this brochure under an agreement with Seattle Parks and Recreation. Fees are used to offset the cost of providing the programs. Program charges include a user fees paid to Seattle Parks and Recreation to defray operating costs. Washington State sales tax is also included where applicable.

Waiting lists

We will create waiting lists for all filled classes. Please be sure to sign up if you are interested in a class that is full, because class openings often become available. If demand is high, we will try to form another class. Please contact us for space availability.

Class cancellations

To cover the cost of providing a program, we need a specific number of participants. If too few people sign up for a class, we must cancel it. We'll notify you (at the latest) one or two days before the class start date. When possible, we will postpone a cancelled class for a week to allow for more enrollments; if the class minimum is not met by then, we will have to cancel it.

Confirmations

Sorry, we cannot confirm class registration by mail or phone, but we will notify you by phone if your class is postponed or cancelled.

Seattle Parks And Recreation Program Registration Form

in partnership with the Associated Recreation Council

This form is for NON-Day Camp programs only. Ask recreation staff for day camp registration forms as needed.



**SEATTLE PARKS
AND RECREATION**

Registration Procedures:

1. Please complete registration form entirely.
2. Payment MUST accompany registration.

Family Information: (Please complete for the adult who is financially responsible for the family account.)

(ADULT) Name: _____
Last First MI

Sex: Male Female
 (Circle One)

(ADULT) Birthdate: ____/____/____ Email Address: _____
mm/dd/yyyy

Street Address: _____ City: _____ State: _____ ZIP: _____

Phone - eve: (____) _____ day: (____) _____ other: (____) _____

Family Emergency Contact: _____ (____) _____
Name Phone Relation

☐ **PARTICIPANT** info differs from above. How does it differ? _____

PARTICIPANT <small>(please print full name)</small>	M/F	BIRTHDATE <small>(mm/dd/yyyy)</small>	COURSE TITLE <small>(Non-Day Camp Activities ONLY)</small>	1 ST CHOICE		ALTERNATE		
				DATE(S)	START TIME	DATE(S)	START TIME	
								\$
								\$
								\$
								\$
*Acceptance of this request does not guarantee enrollment into a class (see back for more information).								\$
TOTAL								

How would you like to pay?

Person making payment _____
(required for proper refunding)

**PLEASE INCLUDE
PAYMENT**

☐ Cash (Please do not send cash through the mail.)

☐ Check or Money Order # _____

☐ Visa ☐ Mastercard ☐ American Express

Staff Use Only

Authorization (Ref#) _____

For mail-in only
 Card #: _____ Expires: _____
 Name as it appears on card: _____
 Signature: _____

ASSUMPTION OF RISK AND RELEASE: I hereby give my consent as a participant or for the above-named participant(s) to participate in the program(s) listed above being conducted or co-sponsored by Seattle Parks and Recreation and declare that I will not hold the City of Seattle, Seattle Parks and Recreation, Seattle Parks and Recreation's employees, Advisory Council, or any volunteer associated with the program, responsible for any injuries, damage or personal loss incurred while participating in said program(s).

Signed: _____ Date: _____

For Office Use Only:

Community Phone Numbers

Recreation Information

Public Information 684-4075
Compliments/Concerns 684-4837
Ballfield Rainout Hotline . . . 233-0055
Citywide Teen
 Program Advocate 684-7136
Environmental Stewardship.. 733-9701
Field/Tennis Court Scheduling.. 684-4077
Group Field/Tennis Court
 Scheduling 684-4082
Picnic Scheduling 684-8021
Teen TREC Program. 684-7097

Sports Information

Amy Yee Tennis Center 684-4764
Citywide Adult Athletics. . . . 684-7092
Citywide Youth Athletics. . . . 684-7091
Field/Tennis Court Scheduling.. 684-4077
Group Field/Tennis Court
 Scheduling 684-4082

School Information

African American Academy . . . 252-6650
Aki Kurose. 252-7700
Asa Mercer 252-8000
Cleveland 252-7800
Dearborn Park. 252-6930
Franklin. 252-6150
Hawthorne. 252-7210
John Muir 252-7400
St. Edwards 725-1774
Thurgood Marshall 252-2800
Transportation. 252-0900
Whitworth. 252-7560

Special Programs

Senior Adult Programs
 Citywide 684-4951
 Southeast. 684-7484
Special Populations
 (Youth/Adult) 684-4950

Special Interests

Aquarium 386-4320
Woodland Park Zoo 684-4800
Green Lake
 Small Craft Center 684-4074
Mt Baker Rowing
 & Sailing Center 386-1913
Daybreak Star
 Cultural Arts Center 285-4425
Langston Hughes
 Performing Arts Center . 684-4757
Camp Long Environmental
 Learning Center. 684-7434
Carkeek Park Environmental
 Learning Center. 684-0877
Discovery Park Environmental
 Learning Center. 386-4236
Seward Park Environmental
 Learning Center. 684-4396



Community Services

Columbia Health Clinic 296-4650
Metro Transit Rider Info. . . . 553-3000
Police — Non-emergency . . . 625-5011
Police — Southeast Precinct 386-1850
Rainier Chamber of Commerce 725-2010
Rainier Cultural Arts Center. 725-4197
Southeast Neighborhood
 Service Center. 386-1931
Southeast Youth
 & Family Services 721-5542

Community Centers

Alki 684-7430
Ballard. 684-4093
Bitter Lake 684-7524
Delridge 684-7423
Discovery Park 386-4236
Garfield 684-4788
Green Lake 684-0780
Hiawatha 684-7441
Highpoint 684-7422
Jefferson 684-7481
Laurelhurst 684-7529
Loyal Heights 684-4052
Magnolia. 386-4235
Magnuson. 684-7026
Meadowbrook 684-7522
Miller 684-4753
Montlake. 684-4736
Northgate 386-4283
Queen Anne 386-4240
Rainier. 386-1919
Rainier Beach 386-1925
Ravenna-Eckstein. 684-7534
Sand Point. 684-4946
South Park. 684-7451
Southwest. 684-7438
Van Asselt. 386-1921
Yesler 386-1245

Swimming Pools

Ballard. 684-4094
Evans 684-4961
Madison 684-4979
Meadowbrook 684-4989
Medgar Evers 684-4766
Queen Anne 386-4282
Rainier Beach 386-1944
Southwest. 684-7440
Colman (Summer only) 684-7494
Mounger (Summer only) 684-4708

Rainier Community Center
4600 38th Ave S
Seattle, WA 98118-1673

PRESORTED STANDARD
U.S. POSTAGE
PAID
SEATTLE, WA
PERMIT #900

ECRWSS
Postal Customer



Visit us at www.seattle.gov/parks